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# DROWNPROOFING

## CAN SAVE YOUR LIFE

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Drownproofing can keep you afloat for hours—even if you can't swim. Thousands have learned easily and it's fun to float effortlessly and with new confidence.

By using the natural buoyancy of the body and controlled breathing, you can learn to float this way after a little instruction and some practice.

Drownproofing is not new. The late Fred Lanoue, head swimming coach at Georgia Tech, taught this technique during World War II. Passing this swimming program is a requirement for every Georgia Tech student. Drownproofing has been adopted by many colleges throughout the nation, the Marine Corps, the Coast Guard, and the Peace Corps. Many swimming teachers feel it should be the first thing taught to anyone learning to swim.

# HERE'S HOW TO DROWN



**REST**—Take a deep breath and relax in the water with your arms and legs dangling. Keep your head tilted slightly forward. The easiest method for most women is to keep the body nearly vertical. Many men and children will naturally take a more stooped position.



**READY**—When you want a breath, put your arms straight out in front. Spread your legs for a scissors kick—one forward and one back.

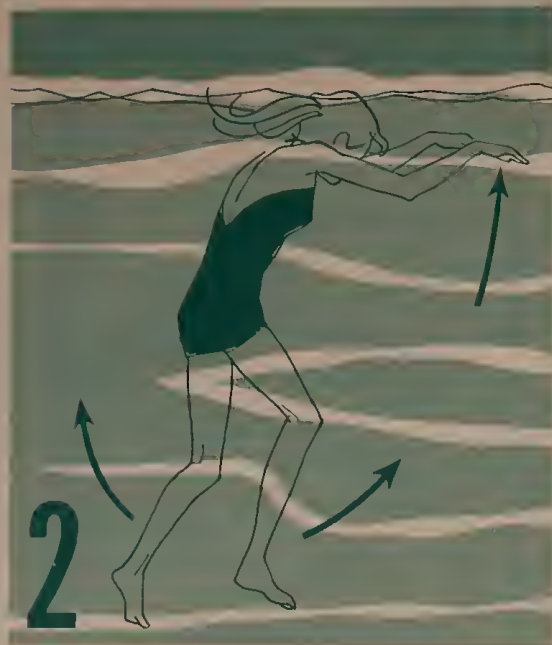


**PUSH**—Raise your head and push down with your feet and bring your feet up to your nose while you

## HERE'S HOW TO DROWNPROOF YOURSELF - - -



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**READY**—When you want a breath, put your arms straight out in front. Spread your legs for a scissors kick—one forward and one back.



**PUSH**—Raise your head until it is nearly vertical, push down with your hands in a keyhole pattern, and bring your feet together. Exhale through your nose while you are surfacing.

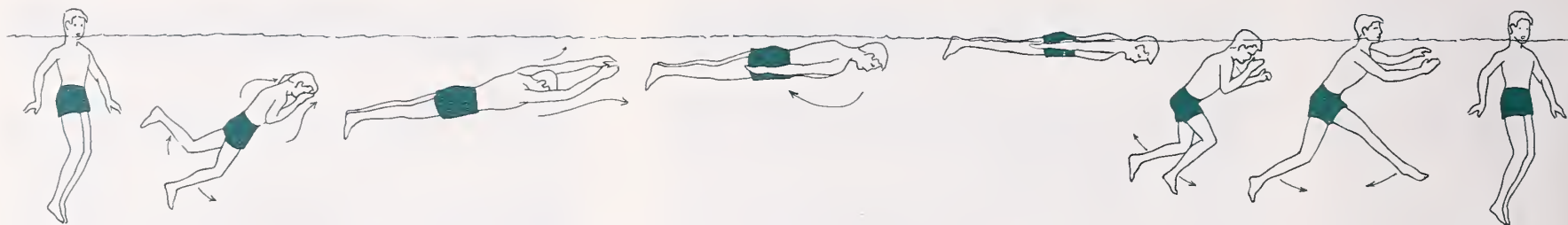


**BREATHE**—When your chin is even with the surface, open your eyes, open your mouth, and inhale through your mouth.



**REST**—Relax and you will settle down into the water again. If you feel you are going to settle too deeply, give a slight downward push with your hands. Rest until you want another breath.

# Combined Drownproofing and TRAVEL STROKE



An emergency can leave you some distance from shore. By adding the travel stroke to the breathing-resting cycle you can move several miles without getting tired.

1. Proceed through the drownproofing "breathe" position.
2. As you settle into the "rest" position, lay your head forward. Put your hands out in front and make a large scissors kick.

3. Then start a long shallow sweep of your arms around and back until your palms touch your thighs.
4. Glide up to and along under the surface with your head horizontal. Keep your face down in the water.
5. When you want a breath, bring both knees up near your chest and then move into the drownproofing "ready" position.
6. Proceed with the "push" and "breathe" steps before you go into the travel stroke again.

Note: People who are "sinkers"—who cannot stay afloat with a full breath of air—will find this travel stroke method the easiest way to stay afloat.